

CFB SHILO JOGGING ROUTES

Start/Finish at
Base Gymnasium

5 Km Route

2 Km Route

Fitness Trail
1.2 km around Ball
Diamonds

**INCREASE THE
BENEFITS OF YOUR
TRAINING
PROGRAM!**

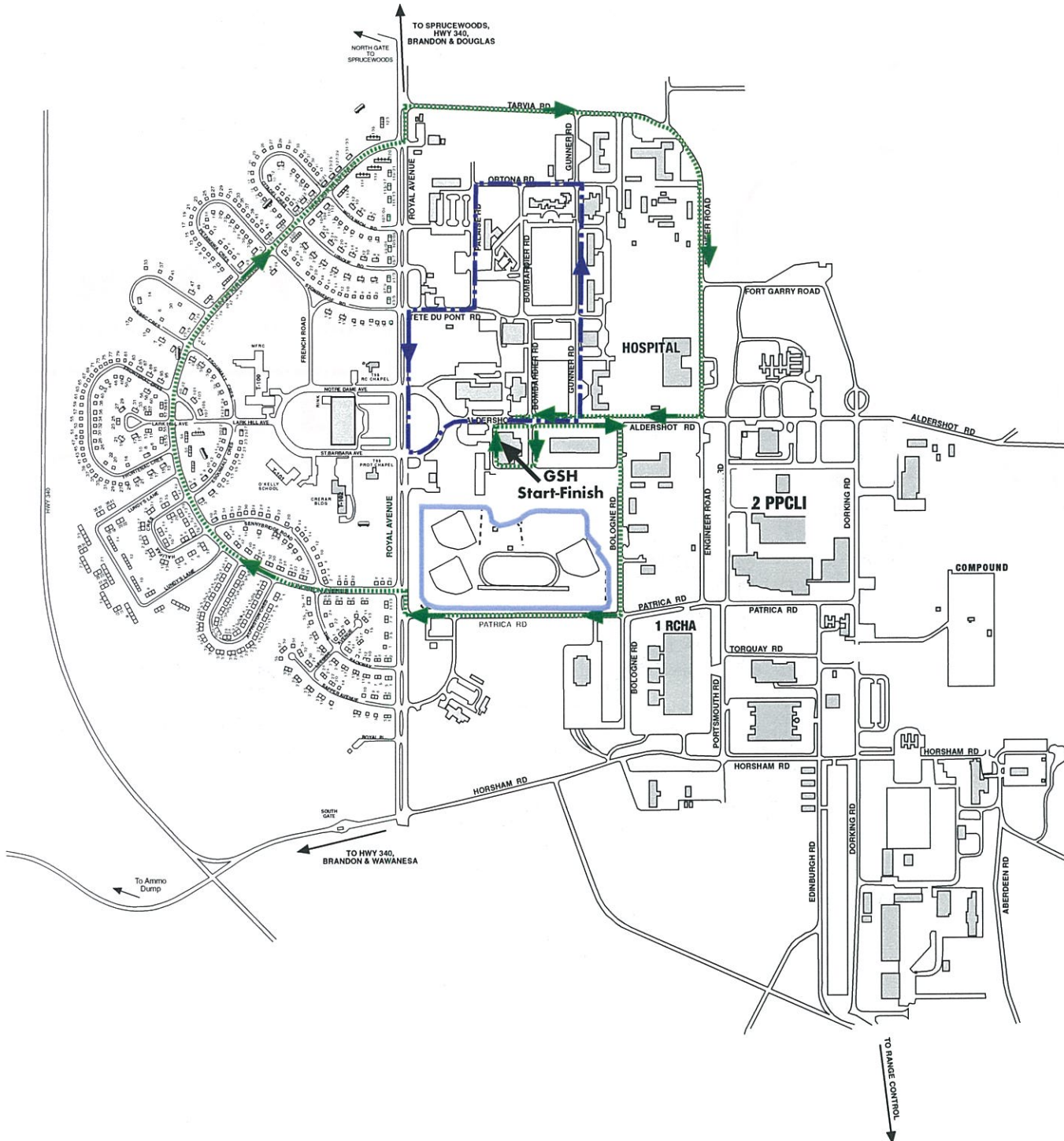
**ENSURE PROPER
NUTRITION**

**DRINK AT LEAST 8
GLASSES OF WATER**

GET ADEQUATE SLEEP

**SCHEDULE A REST DAY
AS A BREAK FROM
TRAINING**

3 & 7 Km routes on reverse ...



CFB SHILO JOGGING ROUTES

Start/Finish at
Base Gymnasium

7 Km Route

3 Km Route

Fitness Trail
1.2 km around Ball
Diamonds

JOGGING SAFETY

DO A PROPER WARM-UP AND COOL DOWN.

Five minutes of light aerobic activity followed by 5 minutes of stretching.

WEAR BRIGHT COLOURS.

Yellow is good for sunny days, but hot pink is 30% more noticeable on a cloudy day.

WATCH FOR IRREGULAR SURFACES.

PERSONAL STEREO HEADSETS.

These are fine if you are on the sidewalk, but if you're jogging on the road you need to be able to hear traffic.

2 & 5 Km routes on reverse ...

